7-OH [illegible]

1. **[illegible]:** 7-OH [illegible], [illegible], [illegible] [illegible]. [illegible], [illegible] [illegible].

2. **[illegible]:** [illegible] [illegible], [illegible] [illegible].

3. **

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- [illegible] [illegible] ([illegible] [illegible], [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible])
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- [illegible] [illegible] [illegible] [illegible] [illegible].[illegible]. (NA) [illegible] [illegible].

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1. **[illegible] [illegible]:** [illegible] [illegible] [illegible], [illegible] [illegible] [illegible].
2. **[illegible]:** [illegible] [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible]

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  (Nācu alangattha kaṭinama āgatiyā mūtiya prashcinaiyalar ularu naidil paadi prashcinaiyalar)
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  (Nirama an utal parimaanangkal: neel allu thunkaa kaaschu izhuthukkal)
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  Explanation:

  * **□□□□□□□□□□□ □□□□□□□□□:** Even after trying hard (literally: "four ways I have tried")
  * **□□□□ □□□□□□□□□□□:** In any way
  * **□□□□□□□ □□□□□□□□□:** My heart remains closed (metaphor for being emotionally unavailable or unconscious)
  * **□□□□□ □□□□□□□□□□□□□□□□□□:** From my feelings/perceptions
  * **□□□□□□□□□ □□□□□□□□:** I cannot be awakened.
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7-OH [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] (FDA) [illegible]. [illegible] (Narcan) [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

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[illegible] [illegible] [illegible] [illegible] [illegible] 7-OH [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. 2025-[illegible] [illegible], [illegible] [illegible] [illegible] 7-OH [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible].

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[illegible]:

"Recovery Kernel" [illegible], [illegible] [illegible]. [illegible], [illegible] [illegible].

[illegible], [illegible] [illegible].

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* **[illegible]:** [illegible]
* **[illegible]:** [illegible]

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# 7-OH [illegible]: [illegible]

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- **[illegible]:** 7-OH [illegible], [illegible]
- **[illegible]:** [illegible], [illegible]
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[illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - 7-OH [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

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OH [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] "[illegible] 70 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]" [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

- [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]?
- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]?

[illegible]

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1. **[illegible]:** [illegible]
2. **[illegible]:** [illegible]
3. **[illegible]:** [illegible]

[illegible] 7-OH [illegible]

[illegible] "[illegible]" [illegible] 7-OH [illegible], 3 [illegible]

[illegible] - [illegible]

[illegible]

[illegible]

(Nēngal kaṭinmāna eṇṇāṅga nānupēyirvīrkke, mēlum endhalum nalla paḷarvaa oṇḍra.)

[illegible] 7-OH [illegible]

[illegible]:

1. **[illegible]**: [illegible], [illegible] [illegible].

2. **[illegible]**: [illegible] [illegible].

3. **[illegible]**: [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]

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[illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] **(Gabapentin)** [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

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1. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].
2. **[illegible]:** [illegible] [illegible] [illegible]
[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

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1. **[illegible] [illegible]?** [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

2. **[illegible] [illegible] [illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] **(hotlines)** [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

3. **[illegible] [illegible] [illegible]:** "[illegible]" [illegible] "[illegible]" [illegible] [illegible]

- SAMHSA Helpline (free, 24/7, confidential): 1-800-662-4357 or findtreatment.gov
- [illegible] [illegible] [illegible]: "[illegible] [illegible] [illegible] [illegible]/7-OH [illegible] [illegible]."
- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].
- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

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[illegible] [illegible], [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible] [illegible]. [illegible]:

1. **[illegible]:** [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible].

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□□□□□□ □□□□□□□□ □□□□□□□□ □□□□□□□□, □□□□□ □□□□ □□□□□□□ □□□□□□□□ **(week)** □□□□□□□□□ □ □□□□□□□□ □□□□□□□. **□□□□ □□□□□□□□ (□□□□□□□ □□□□□□□□□ □ □□□□□):** **1. **□□□□□ □□ □□□□□□□□ :** □□□□□□□ □□□□□ □□□□□□□ □□□□□□□□□ □□□□□ □□□□ □□□□□. **2. **□□□□□ □□□□□□□□ :** □□□□□□□□ □□, □□□□□□□□ □□□□□□ □□□□□□□ □□□□□□□□ □□ □□□□□□□□ □□ □□□□□□□□ □□ □□□□ □□□□□. **3. **□□□□□□ □□□□□ □□□□□□□□ □□□□□□□□ □:** □□□□□□ □□□□□□□□	□□□□□□□ □□□□□□□□ **1. **□□□□□□□□ □□□□□□□□□□:** □□□□□□□□ □□□□□□□ □□□□□□□□□□□□ □□□□□□□□ □□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□ □□□□□□□. **2. **□□□□□□□□□□ □□□□□□□□:** □□□□□□□ □□□□□□□□□ □□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□. **3. **□□□□□□□ □□□□□□□□□□□□□□□□:** □□□□□□□□ □□□□□□□□□□ □□□□□□□□ □□□□□□□ □□□□□□□□ □□□□□□□□ □□□□□□□□ □□□□□□□□ □□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□

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1. **[illegible]:** [illegible], [illegible] [illegible].

2. **[illegible]:** [illegible] [illegible], [illegible] [illegible].

3. **[illegible]:** [illegible] [illegible], [illegible] [illegible].

4. **[illegible]:** [illegible]

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[illegible] [illegible].

30 [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. **30** [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

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1. **[illegible]: [illegible] [illegible] [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
2. **[illegible]**: [illegible] [illegible] [illegible]**

[illegible]: [illegible] [illegible] [illegible] [illegible] [illegible], [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] 7-OH ([illegible] [illegible] [illegible] [illegible], [illegible] [illegible]) [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] (Day 1 [illegible] Day 30 [illegible]) [illegible]. [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. Day 30-[illegible] [illegible], [illegible] [illegible] [illegible].

[illegible] [illegible] **(Recovery Kernel)** [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] **(mg)** [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] **- FDA** [illegible] [illegible], [illegible] **7-OH** [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] **(precision taper)** [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] **7-OH** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

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□□□□□□□□□□□□□□ **(Paraxanthine)** □□□□□□□ □□□ □□□□□□□□□□ □□□□□□□ □□□□□□□ □□□□□□□□, □□□ □□φε □□□□□ □□□□□ □□□ □□□□□□□□ □□□□□□□□□□□. □□□ □□□□□□□□□□ □□□□□□□□□□□□, □□□□□□□□□□□□□□ □□□□□□ □□□□□□□□□□ □□□□□□□□, □□□□□□□□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□□.

[illegible]:

1. **[illegible]:** [illegible]φε [illegible], [illegible], [illegible].
2. **[illegible]:** [illegible], [illegible]
[illegible] (7-OH [illegible]). [illegible] 3–5 [illegible].

[illegible], [illegible] (OTC) [illegible].

□□□□ □□□□□□□ 7-OH □□□□□□□□ □□□□□□□□□ □□□□, □□□□ □□□□□ □□□□□□□□?

(Nān maṭṭum e 7-OH muḷaiyl il pīnvarum aal, enna seyy vaendum?)

Explanation:

* **□□□□ (nān):** I
* **□□□□□□□ (maṭṭum e):** only just
* **7-OH (7-OH) :** This term is left unchanged as per the output rules.
* **□□□□□□□□ (muḷaiyl il):** in a way, manner
* **□□□□□□□□□ (pīnvarum):** coming off, discontinuing
* **□□□□ (aal):** not only
* **□□□□ (enna):** what
* **□□□□□ □□□□□□□□ (seyy vaendum?):** need to do?

□□□□□□□ 7-OH □□□□□□□ □□□□□□□□ (meth) □□□□□□□□□□□□□□□□□□□□□, □□□□ □□□□□ □□□□□□□ □□□□□□□ □□□□□□□□□. □□□ □□□□□□ □□□□□□ □□□□□□□ □□□□□□□□□ - □□□□□ □□□□□□□□□ □□□□□□□□ □□□□□□□□□, □□□□□□□ □□□□□□□□□ □□□□□□□□ □□□□□□□□□□□□.

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2. **[illegible]:** [illegible], [illegible]. [illegible], [illegible]

7-OH [illegible].

	7-OH WITHDRAWAL	METH WITHDRAWAL
Sleep	Insomnia — can’t sleep	Hypersomnia — sleeping 15+ hours
Energy	Agitated, restless	Completely flat, depleted
Mood	Anxious, panicked	Depressed, empty
Duration	Acute 3–7 days, PAWS months	Acute 1–2 weeks, cravings months
Key need	Calm down the storm	Rebuild depleted dopamine

[illegible] (Pseudoephedrine) [illegible] (Meth Withdrawal):

[illegible]:

1. **[illegible]:** [illegible]. [illegible], [illegible], [illegible].

2. **[illegible]:** [illegible], [illegible], [illegible]. [illegible], [illegible].

3. **[illegible]
[illegible] (Sudafed) [illegible]. [illegible], [illegible], [illegible], [illegible].

[illegible]: [illegible], [illegible]. [illegible], [illegible], [illegible]:

- **[illegible]:** "Naloxone" [illegible].
- **[illegible]:** "COMT", "DRD2",

"MTHFR" [illegible]

- [illegible] (7-OH) [illegible] (pseudoephedrine) [illegible]. [illegible] [illegible] [illegible]

[illegible]

[illegible] [illegible] [illegible] [

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  Explanation:

  * **Dark chocolate:** □□□□□ □□□□□□□□□□ (adik kotthamum) — dark chocolate
  * **doing real work here:** □□□□□□□□□□ (miruduvāna) — rich in, high in
  * **it's not just for taste:** □□ □□□□□□□□□ □□□□□□□□□□□□□ (pal nānmaigalai vaazngukiirunthu) — offers many benefits.
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[illegible]:
- [illegible] (Theobromine)
- [illegible] (Phenylethylamine)
- [illegible] (Magnesium)
- [illegible] (Flavonoids)

[illegible]?

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[illegible] (norepinephrine) [illegible] (dopamine) [illegible], [illegible]. [illegible], [illegible].

[illegible]

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1. **□□□□ □□□□□□□□□ (Good Mental Health):**

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2. **□□□□ □□□□□□□□□ (Good Physical Health):**

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2. [illegible]:
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[illegible]. (Enna muolamum nalla unarvu kalai illai. Entha nokkamum illai.)	[illegible]: "[illegible]."	BPC-157 + [illegible]-[illegible] + B12 [illegible]. * **BPC-157:** [illegible]. * **L-Methylfolate ([illegible]-[illegible]):** [illegible]	[illegible] ([illegible]) + [illegible] + [illegible]. [illegible] ([illegible]) [illegible]. [illegible].

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[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] 20 [illegible], [illegible] [illegible] [illegible] [illegible]:

1. **[illegible] [illegible]:** [illegible] [illegible] [illegible], [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

2. **[illegible]**

4. [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible], [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

- [illegible]: 2-3 [illegible], [illegible] [illegible] [illegible]
- [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
- [illegible] [illegible] [illegible] [illegible] (in 4) - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] (hold 4) - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] (out 8) [illegible] [illegible]. [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].

[illegible] **20** [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] **(Recovery Kernel)** [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]

[illegible]?

1. **[illegible].** [illegible].

2. **[illegible].** [illegible].

3. **[illegible].** [illegible].

[illegible]. [illegible] 7-OH [illegible].

[illegible]:

1. **[illegible]:** [illegible].
2. **[illegible]:** [illegible].
3. **[illegible]:** [illegible].
4. **[illegible]:** [illegible].
5. **[illegible]:** [illegible]

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# [illegible]
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[illegible].

[illegible]:

- [illegible] [illegible]
  - [illegible]: 0.5-1 [illegible] ([illegible] [illegible] [illegible]).
    [illegible] 30 [illegible] [illegible] [illegible].
  - [illegible]: 200 [illegible] ([illegible], [illegible])
  - [illegible] [illegible] [illegible] [illegible] [illegible]?

    [illegible]:

    [illegible] [illegible] [illegible] [illegible]. [illegible], [illegible]
    [illegible]:

    * **[illegible] (Valerian root)** [illegible] [illegible] [illegible]
    [illegible]. [illegible] [illegible] [illegible], [illegible]
    [illegible] [illegible] [illegible] [illegible].
    * **[illegible] (Passionflower)** [illegible], [illegible]
    [illegible] [illegible]
  - [illegible] [illegible] (DSIP) [illegible]: 100-200 [illegible] 30-60
    [illegible] [illegible] [illegible].

CBT-I ([illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]):

[illegible] [illegible] [illegible] [illegible], [illegible]
[illegible] [illegible] [illegible] [illegible] [illegible], [illegible]
[illegible] [illegible] [illegible] [illegible] [illegible].

CBT-I [illegible]:

1. **[illegible]: [illegible] [illegible] [illegible] [illegible] [illegible]
[illegible] [illegible] [illegible] [illegible] [illegible]
[illegible], [illegible]**
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[illegible]. [illegible] [illegible] [illegible], [illegible] [illegible]
[illegible] [illegible] [illegible], [illegible] [illegible] [illegible]
[illegible], [illegible] [illegible] [illegible] [illegible]. [illegible]
[illegible] [illegible] [illegible], [illegible] [illegible]
[illegible].

[illegible] [illegible] [illegible]? (Ungalukku enna devai?)

(Note: This is a direct and warm inquiry, reflecting the non-judgmental and facilitative tone of the original content.)

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible],

1. **[illegible] [illegible]** [illegible] - [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
2. **[illegible] [illegible] [illegible]** [illegible] - [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].
3. **[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]** - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

- [illegible] [illegible] - [illegible] [illegible] [illegible], [illegible]. [illegible] [illegible] 7-OH [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible].
- [illegible] [illegible] [illegible] (SMART) [illegible] - [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]:[illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. smartrecoveryonline.org
- # [illegible] [illegible] [illegible]: Reddit r/quittingkratom

  [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] (Kratom) [illegible] [illegible] [illegible] [illegible], [illegible]. [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

  r/quittingkratom [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]:

  - **[illegible] [illegible] [illegible]:** [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]

- [illegible]: 1-800-662-4357 ([illegible], 24/7, [illegible])
- [illegible] findtreatment.gov [illegible].

[illegible] (3 [illegible]) [illegible] [illegible]?

(Nēram piṇḍiya paṭcam (3 maṇi) muñc yāvattā dēndu vīttalā, endha veettil ille irunavargal illavu illaiyāgi viṭṭatā, enna ceyyāvudhal?)

[illegible] **(Recovery Kernel)** [illegible].

[illegible].

[illegible] AI [illegible] MTHFR, COMT, [illegible] 3 [illegible].

[illegible]:
https://github.com/JRToken-NGI/recovery-kernel

(Aani, idangalukka irimaiyil ungalukku tharpaadutthal avaamattum: https://github.com/JRToken-NGI/recovery-kernel)

[illegible].

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□□□ □□□□□ □□□□□□□□ **(Do this instead)**

(Note: This follows your specified approach and output rules, providing a natural, idiomatic Tamil translation while preserving the content, structure, and clinical terms.)

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6. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
7. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
8. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
9. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

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[illegible] [illegible] [illegible] 7-OH [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].

- [illegible] [illegible] [illegible] [illegible] [illegible] (CBT [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]) [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
- [illegible] [illegible] (Recovery Kernel) [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] (antidepressant) [illegible] [illegible] [illegible] (dopamine rebuilder) [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].

  [illegible] [illegible] [illegible]:

  - **[illegible] [illegible] (Selective Serotonin Reuptake Inhibitor, SSRI):** [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] (serotonin) [illegible]
- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible].
- [illegible] [illegible] [illegible], [illegible] (D3, B12, [illegible], [illegible]) [illegible] [illegible].
- [illegible] [illegible] [illegible] [illegible]: [illegible], [illegible], [illegible] [illegible]

  Sleep as Medicine:

  - **[illegible]:** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
  - **[illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]
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[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]. [illegible], [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]

Explanation:

* **□□□□□□□□ (aazhutham)** translates to "energy" in a way that conveys both its power and its emotional impact.
* **□□□□□□ (illaad)** means "without".
* **□□□□□□ (aattal)** means "force" or "power".

This combination directly conveys the idea of a powerful, enduring energy that doesn't wane or cause exhaustion.

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1. **[illegible] [illegible] [illegible] [illegible]:** [illegible] [illegible], [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible].

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3. **[illegible] [illegible] [illegible]:** [illegible] [illegible]

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2. **[illegible] [illegible]:** [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].

3. **[illegible] [illegible]:** [illegible] [illegible]: [illegible], [illegible] [illegible], [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible],

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(Namunkal uyiriyali - adu porunpaanavai.)

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[illegible] (Quick Start Checklist)

1. **[illegible]?**: [illegible].
   - [illegible], [illegible].

2. **[illegible]**:
   - [illegible] (, ,).

3. **[illegible]**:
   - [illegible].

4.

[illegible]:

1. **[illegible]?** - [illegible], [illegible].
2. **[illegible]:** [illegible].
3. **[illegible]:** [illegible], [illegible]

[illegible]:

1. [illegible].
2. [illegible]

[illegible].
3. [illegible].
4. [illegible], [illegible].
5. [illegible], [illegible]

[illegible]:

- [illegible], [illegible] ([illegible]) [illegible]. [illegible].
- If your withdrawal is severe, call SAMHSA: 1-800-662-4357
- [illegible].

  (Oruvarukku ungal ezhukkum preshanaiya kooledungka.)

[illegible]: [illegible], [illegible], [illegible].

- [illegible]: [illegible] (Coconut water), [illegible] (Sports drink), [illegible] (Bone broth), [illegible] (Pickle juice).
- [illegible]. [illegible], [illegible].
- [illegible], [illegible], [illegible], [illegible], [illegible].

[illegible].

- ## [illegible]:

  1. [illegible]:

  - **[illegible].**
  - [illegible], [illegible], [illegible], [illegible].

  2. [illegible]:

  - **[illegible] 1-2 [illegible] (237-474 ml) [illegible].**
  - **[illegible].**
  - **[illegible]
- [illegible], [illegible].
- [illegible]:

- **[illegible] (Slow Taper):** [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

- **[illegible] (Pill Kit):** [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]:

- **Recovery Kernel:** [illegible]
- **Naloxone:** [illegible]
- **COMT:** [illegible] **(COMT)** [illegible]
- **DRD2:** [illegible] **2 (DRD2)** [illegible]
- **MTHFR:** [illegible] **(MTHFR)** [illegible]
- **Blueprint:** [illegible]
- **findahelpline.com:** [illegible]

[illegible] - [illegible]	[illegible]:
[illegible] (24/7, [illegible]: [illegible])	[illegible]? [illegible]: 1-800-662-4357 ([illegible]) [illegible] https://findahelpline.com
[illegible]	[illegible]: "findahelpline.com-[illegible], [illegible]."

[illegible] - [illegible], [illegible], [illegible]. [illegible], [illegible], [illegible].	[illegible]: - **[illegible]:** [illegible]. [illegible], [illegible]. - **[illegible]:** findahelpline.com [illegible], [illegible]. - **[illegible]:** [illegible], [illegible]. [illegible], [illegible]
1. **[illegible]:** [illegible]. [illegible]. 2. **[illegible]:** [illegible]	
[illegible]: 1. **[illegible]:** [illegible]. [illegible]. 2. **[illegible] (Naloxone) [illegible]:** [illegible], [illegible]. [illegible]. 3. **[illegible]:** [illegible], [illegible]	findahelpline.com [illegible] ([illegible]) [illegible]. [illegible], [illegible]? findahelpline.com [illegible]. [illegible], [illegible]. [illegible], [illegible]: * **[illegible]** [illegible] **[illegible]** [illegible]. * **[illegible]
[illegible], [illegible] (Narcan) [illegible]. 1. **[illegible].** [illegible]	[illegible]: [illegible].

[illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].	[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: - **[illegible] [illegible]:** [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]. - **[illegible]:** **findahelpline.com** [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. - **[illegible] [illegible]:** [illegible] [illegible], [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]
[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. 2. **[illegible] [illegible] [illegible] [illegible] [illegible] [illegible].** [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]	
[illegible] [illegible] ([illegible]-[illegible] [illegible], [illegible] [illegible])	[illegible] [illegible] (Smart Recovery) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] smartrecovery.org [illegible] smartrecoveryonline.org [illegible] [illegible] [illegible] [illegible]
[illegible] [illegible] (NA) [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. NA [illegible] [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]	[illegible] (na).[illegible] ([illegible]) - [illegible] [illegible] [illegible]
[illegible] Reddit [illegible]	# [illegible] [illegible] [illegible]

[illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].	[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: - **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]. - **[illegible]:** **findahelpline.com** [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. - **[illegible] [illegible]:** [illegible] [illegible], [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]
	[illegible] (Kratom) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] "Recovery Kernel" [illegible] [illegible] [illegible]. **1. [illegible]:** - [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]. - [illegible] [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible]
[illegible] [illegible] (ד.ר. [illegible] [illegible])	# [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] ## [illegible] [illegible] [illegible]? [illegible] [illegible] (Recovery Kernel) [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. ## [illegible] [illegible]? [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]
[illegible] [illegible] [illegible] [illegible] [illegible] (CBT-I) [illegible] [illegible] [illegible] [illegible] [illegible]. **CBT-I [illegible]?** CBT-I, [illegible] [illegible] [illegible] [illegible] (cognitive behavioral therapy) [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible], [illegible]	[illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]: Sleepio [illegible] "CBT-I [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] ([illegible]) [illegible] [illegible] [illegible]" [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]